



Resident Spotlight- Dorothy Pickett

Dorothy is in our spotlight this month because she is turning 106 years young this month! She was born to Melvin and Minthia Burggraaf on July 23rd, 1914, in the town of Red Rock. After graduating from Newton in 1933, she married her husband, Chester, and had 2 sons, Donald and James. She enjoyed farming and being a housewife. She had her hands full with a 180acre farm, milk cows, gardening, and raising over 100 chickens at one time.

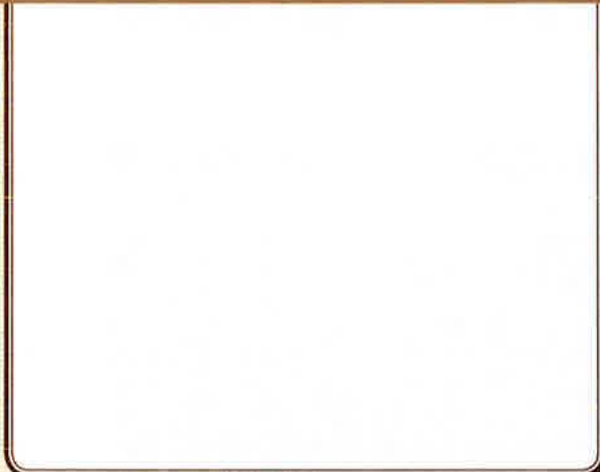
Dorothy's main hobbies were embroidering, quilting, and fishing. She said every year her and Chester looked forward to spending 1 week at Spirit Lake fishing. The most interesting trip they took was to Canada, where she realized her body was finally slowing down.

Dorothy is a proud Grandmother of 4 grandkids, 6 great grandkids, and 3 great great grandsons. When asked what advice she would give on living so long, she said "Remember, a little hard work doesn't hurt anyone if you are able to do it and eat what you want. I indulged in cream, butter, bacon grease, all the things they say are bad for you. And here I am".

Please congratulate Dorothy on being in our monthly spotlight and on her 106th birthday!



Newton Health Care
200 South 8th Avenue East
Newton, Iowa 50208



NEWTON MONTHLY MESSENGER

July 2020

-“Residents First” is not just our logo, it’s our way of life.



Donations Needed!

During this pandemic, we have suddenly been putting together jigsaw puzzles at an alarming rate! As the puzzle group has completed around 10-15 already, we need more. They do like the bigger piece EZ Grasp puzzles around 500 pieces but have tackled larger. If you have one you would like to purchase for us or donate, please let me know! It would be greatly appreciated!

Keeping Cool this July 4th!

Many of you will be gathering with family, having cook outs, and enjoying the fireworks this week. Our hot weather can become dangerous quickly. Here are some handy tips on how to stay cool this holiday week!

- Try to avoid the hottest part of the day (10am-6pm).
- Wear loose fitting, light colored clothing when out. Cotton will keep you cooler than synthetics.
- Avoid alcohol and caffeine! Drink water, water, water! Sports drinks will also help balance your electrolytes.
- Eat fruits that are packed with water, like watermelon! Try eating smaller meals and cold foods.
- Check your medications, use lots of sunscreen, hats, sunglasses, etc. to shield yourself from the sun.
- If you get overheated, get in somewhere cool. Ice compresses to your underarms and groin will also cool body temps fast.
- Store bottles of perfumes, lotions, toners, and spray waters in your fridge to refresh with after being outdoors.
- Use ceiling fans to circulate air. Make sure the switches are turned to push air down, not up.

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Rehab to Home

A big congratulations to our Therapy Dept. for rehabbing 4 residents back home within the past 30 days! Way to go Darlene Kool, Violet Dehne, Marcia Clark, and Cheryl Boothe. Your hard work has paid off!

Happy Birthday to You!

- Jerry Damman 3rd
- Ardythe Timmons 13th
- Joyce Lambert 21st
- Dorothy Pickett 23rd
- Jerry Sanders 23rd

Welcome New Residents!

- Sidney Klyn
- Violet Gulling
- Maxine Brickner
- Peter Murphy
- Corey Peterson
- Norma Johnston



Staff Birthdays & Anniversaries

- Eliza Nogs celebrates 1 yr. of service!
- Lori Odem celebrates 4 yrs. Service!
- Linda Brown celebrates 4 yrs. Of service!
- Suzie Jurgensen celebrates 6 years of service!
- Sam Montgomery celebrates 6 years of service!
- Lindsey Hansen celebrates 7 years of service!
- Happy Birthday to Tyler Saychareun Neufeld on the 16th!

In Loving Memory...

With deepest sympathy, we say goodbye to our friends Tony Politano, Millie Sudbrock, and Lynnette Broderick. May they rest in peace.

July Quote from Sharon

“You must be the change you wish to see in the world.”

-Mahatma Ghandi